

Catch breaking news on Eifel News Now each weeknight at 6:23 p.m., 10:24 p.m. and 6:53 a.m. on AFN Atlantic

News Briefs

New vice commander

The 52nd Fighter Wing welcomes new vice wing commander Col. Scott West and his wife, Jane. Colonel West arrives this week from his previous assignment at the Pentagon. An Asheville, NC native, Colonel West's previous assignments include Kunsan and Osan Air Bases in Korea, and Moody Air Force Base, Ga.



Col. Scott West

Medical group closure

The 52nd Medical Group will be closed for training Thursday from 7:30 a.m. to 4:30 p.m. People in need of urgent care should go to the Bitburg Annex hospital emergency room. For more information, call 452-8333.

MPF closure

The military personnel flight will be closed Feb. 4-14 for exercises and renovations. No identification cards will be issued during this period, no records will be accessed. Appointments are limited to passport testing, outbound assignments, separations and retirements. For details, call the MPF at 452-6277.

Tax center hours

The tax center opens Tuesday at Spangdahlem AB on the ground floor of building 129, the legal building. Tax returns are prepared on the following schedule: Appointments Monday and Thursday from 8 a.m. to 4 p.m.; walk-ins Tuesday and Wednesday from 8 a.m. to 4 p.m.; special walk-in time only for the 1040EZ and 1040A Friday from 8 a.m. to noon. Only E-1 through E-4 will be served Tuesday through Feb. 4. People are advised to not bring their children with them to the tax center. For details, call David Britt at 452-6572.

Annual awards banquet

The Top 3 hosts the wing's best Feb. 26 at 6 p.m. at the New Club Eifel. Gen. Robert H. "Doc" Foglesong, USAFE commander, is the guest speaker. Tickets are available through the first sergeants Monday through Feb. 17. Prices are \$25 for E-5 and up and \$20 for E-4 and below. Club members receive a \$1 discount.

K-9 lives

A Saber and his working dog sniff out road side bombs and keep convoys safe.

Read "Airman joins forces with Marines in Iraq," on Page 4



Wave of returns



Airman 1st Class Eydie Sakura

Colin, 7, Travis, 5, and Addie, 4, children of Capt. Joe Blair, 81st Fighter Squadron A-10 pilot, wave flags in anticipation of the 81st FS return here Jan. 20. Captain Blair flew his plane home after being deployed for more than four months at Bagram Air Base, Afghanistan. The 81st FS deployed around 10 A-10s in September in support of Operation Enduring Freedom. Some of the main objectives of the mission were to provide close air support and to escort various Army and ground force elements.

Looking back on history, USAFE celebrates 63rd birthday



By Capt. Krista Carlos
USAFE News Service

RAMSTEIN AIR BASE, Germany -- As the oldest active major command in the Air Force, the U.S. Air Forces in Europe celebrated its 63rd birthday Jan. 19.

Throughout the years, USAFE Airmen and assets have played a significant role in securing peace and stability to the region.

"From the days of World War II, to Desert Storm and the Balkan operations to the current conflicts in Iraq and Afghanistan, USAFE has played a vital role in providing for a free and stable Europe," said Gen. Robert H. "Doc" Foglesong, USAFE commander. "USAFE has a rich history of contributing to the success of every major military operation in theater since its activation."

During WWII, USAFE forces conducted daylight bombing operations over continental Europe from bases in the United Kingdom, and later incorporated reconnaissance of enemy movements throughout occupied Europe

In addition to combat and peacekeeping operations, the command has conducted more than 160 humanitarian relief operations, ranging from the Berlin Airlift and relief in the Balkans to responding to natural disasters. At the same time, it served as the cornerstone of the NATO alliance and saved lives throughout Europe and the Middle East. Most recently, USAFE forces stepped up to provide aid to people from as far away as India with the tsunami relief effort.

In 1991, USAFE committed more than 15 percent of its personnel and 33 percent of its aircraft to support Operations Desert Shield and Desert Storm.

In the mid 1990s, USAFE became involved in the Balkans

operations. From Operations Deny Flight to Shining Hope, the command helped bring opposing forces to the peace table while providing humanitarian relief to Kosovo Albanians.

While the command has changed over the years, its focus has remained constant.

"USAFE forces have always demonstrated the capability and flexibility to perform a variety of missions," said Dr. John Sullivan, USAFE command historian. "Currently we're facing the new threat, global terrorism. Throughout these 63 years, organizational structures and doctrine may have changed, but the command's mission and courage and resolve of its people have not."

Today, as our military transforms to face a global threat in non-conventional warfare, USAFE has also adapted to face the challenge.

"Sept. 11, 2001 changed the world forever," General Foglesong said. "USAFE has stepped up to the challenge by providing world-class support to the theater of operations. Today, our over 32,000 personnel and assets are the forward projection of American power in the European theater. We will continue to transform to meet mission requirements, and our expeditionary mentality will allow us to be flexible and responsive to the challenges that await us."

"As we celebrate USAFE's 63rd birthday, I would like to thank our dedicated professionals who have served, and continue to serve, in support of the mission," said General Foglesong. "I'm proud of our legacy of success as the most respected and feared air and space force in the world, and I'm looking forward to our future achievements."

USAFE Idol talent contest gives stars an opportunity to shine

By Capt. Krista Carlos
USAFE News Service

RAMSTEIN AIR BASE, Germany -- U.S. Air Forces in Europe Airmen will get the opportunity of a lifetime to sing with a professional band, USAFE's Touch n'Go Ensemble,

while competing in the USAFE Idol Talent Contest April 23 here.

While the judges may not be as harsh as Simon Cowell or as famous as Paula Abdul, participants will be given an equally rewarding experience -- the chance to be the next 'USAFE Idol.'

"The USAFE Idol Talent Contest is open to all active-duty Airmen assigned to USAFE units," said Mandy Smith-Nethercott, USAFE Services.

"There will be eight wing-level contests that will judge solo vocal performances," she said.

"The first-place winner of the wing-level contests will proceed to Ramstein (Air Base, Germany) in April to compete at the USAFE level."

This event is an opportunity to provide quality entertainment while showcasing the talent of USAFE Airmen.

See IDOL, Page 2

Icy roads, inattentive driving cause major accidents

By David A. Barker
52nd Security Forces Squadron

Team Eifel members were involved in 20 total accidents last week; two were classified as major.

The first major wreck was at the new Club Eifel parking lot, where an inattentive driver drove off the parking pad and damaged their car.

The second major accident was on the Autobahn A60/A1 near Wittlich. Speed too fast for conditions on an icy road caused the accident.

Team Eifel members were also involved in 18 minor accidents: 11 from speeding, four from inattentive driving, one from hitting wildlife, one failure to yield and one from others at fault.

Driving tips

Last year, Team Eifel members were involved in 926 total accidents -- 178 of which were major accidents. Approximately 44 percent of the major accidents were due to driving too fast for conditions.

The minor accidents included: 23 percent for speeding, 29 percent for inattentive driving and 23 percent for improper backing.

Report all accidents immediately to Polizei and 52nd Security Forces Squadron at 0656561-6666 or 452-6666.



Idol

Continued from Page 1

"The USAFE Idol Contest is an excellent opportunity for our stars to shine," said Gen. Robert H. "Doc" Foglesong, USAFE commander. "I have traveled all over the command and seen some incredible talent, and this contest will provide a great venue to highlight our Airmen's singing abilities as well as provide a morale boost for our USAFE family."

The USAFE command chief has also witnessed the command-wide talent.

"We've heard our folks perform the National Anthem at base events, we've watched opening acts and various talent contests, and even seen Airmen participate in karaoke nights who are not afraid to get up and embarrass themselves," said Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant. "We know that some of our Airmen have untapped talents and, if given the opportunity, will amaze us all."

USAFE Idol contestants will not only need to be talented, but will also be expected to follow specific guidelines.

"Each contestant will be required to have two songs prepared for the contest. Both songs will be performed at the wing and USAFE level," said Ms. Smith-Nethercott. "The use of pre-recorded music will not be authorized since the Touch n' Go ensemble from the USAFE Band will provide live musical accompaniment during both wing and USAFE-level contests."

A panel of three judges will be used to evaluate Airmen at both levels. Once the contestants progress to the USAFE-level, they will be evaluated on technical excellence, showmanship and treatment and interpretation of material by an additional group of judges selected by the command staff, said Ms. Smith-Nethercott.

"There will be no 'Simon' judging these contests," said Chief Coleman. "The idea isn't to get audience ratings, so you won't see the commercialism that's out there. It will also not be a critical evaluation of the members in our command, but an appreciation and recognition of those members who have absolutely superior talent."

All wing-level winners who proceed to the USAFE-level will receive three days of performing arts workshops and rehearsals hosted by the USAFE Band. The April 23 competition will yield an ultimate winner.

"The chief and I are looking forward to the competition and are going to make every effort to visit all the wing-level contests," said General Foglesong. "We're hoping to get a lot of folks excited and ready for a highly competitive USAFE Idol Talent Contest."

ALS flight chief wins USAFE's top award three years running

By Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

The recent three-time winner of the U.S. Air Forces in Europe Airman Leadership School flight chief of the year award resides at the Bitburg Annex Pitsenbarger Airman Leadership School here.

Senior Master Sgt. Annette Henderson, 52nd Mission Support Squadron ALS flight chief, says the reasons for winning the award year after year stem from her colleagues and their team efforts.

"To be truly honest about winning, I'd have to say it wasn't me who won the award, but my team and staff," Sergeant Henderson said. "I wholeheartedly believe my staff is what makes me look so good on a daily basis."

Sergeant Henderson's responsibilities include leading, educating and supervising more than 450 students each year in all aspects of professional military education. She instructs lessons and counsels students on course requirements, performance expectations and Air Force standards.

"I'm well versed in drill and ceremonies, so I spend a lot of time training students on guidon, drill, reveille and retreat procedures," Sergeant Henderson said. "Then I might go into a classroom to teach a lesson for one of my instructors, or evaluate one of my instructors, which I do on a quarterly basis."

When evaluating her staff, Sergeant Henderson said she allows her instructors to function at their fullest potential,



Courtesy photo

Senior Master Sgt. Annette Henderson, 52nd Mission Support Squadron Airman Leadership School flight chief, instructs a student on drill last summer. Sergeant Henderson hails from Dodson, Montana, a town with a population of approximately 750 people.

by engaging them in their work and not micromanaging.

"She is a tremendous leader, who can also be a friend when you need it," said Tech. Sgt. Jeffrey Garcia, 52nd MSS ALS instructor. "With the high ops tempo at the 52nd Fighter Wing, we need mission-ready NCOs out there leading the troops. ALS does that, and we give these new NCOs the tools necessary to be effective supervisors. USAFE can see that due to our performances in and out of the classroom."

Striving for quality work in and out of the classroom is a passion for Sergeant Henderson. The three-time winner believes in making things better than how she

found them; she is continually striving to make things better for her students, her staff and the Pitsenbarger ALS program.

"Anyone who knows me knows I have a saying, 'Attitude is everything,' and with the right attitude, we can move mountains," Sergeant Henderson said. "I know no one person is a success without those who surround them, and I chose to surround myself with great people."

The Pitsenbarger ALS staff includes Tech. Sgt. Jeffrey Garcia, Staff Sgts. Kelli Southwick, Omeaterance Mewborn, Jeremy Louk, Eric Ozburn and Amy Brandenburg.

Base legal office warns Sabers of scams, shams, bogus charity organizations

By Capt. Steven Snortland
52nd Fighter Wing Judge Advocate Group

The 52nd Fighter Wing Judge Advocate Group wants wing members to be aware of Internet, hard copy or faxed scams, shams and imposter relief funds or charity organizations.

The base legal office has recently fielded some questions about lottery scams. There is a scam, for example, that claims people can claim prize money from a Spanish lottery, so long as they provide 10 percent of the lottery winnings to a selected promotional company.

This is a classic example of a proposition that is "too good to be true." Any time people pay to take winnings, they are being taken for a ride. Do not respond to these solicitations, and by no means provide anyone with a credit card number or a social security number when they initiate contact.

While some scams come to doors, mailboxes or fax machines, some scams wait for people to come to them.

In the wake of South Asia's tsunami, countless relief and charity organizations have surfaced to bring

aid to orphans and rebuild the affected cities and villages. The world has organized to reach out in unprecedented ways. Unfortunately, tides of scam artists also wash in to prey on human suffering and others' good will.

The best advice and defense is to seek out relief organizations with good reputations. At Spangdahlem AB, the local American Red Cross office stands ready to answer questions about tsunami relief efforts. Call the ARC office at 452-9440. For those who are interested in donating to other organizations, visit the United States Agency for International Development at their Web site, www.usaid.gov. The site provides links to dozens of reputable organizations and instructions on how to give.

For further information about reputable charities, the American Institute of Philanthropy is a non-profit organization that rates charities and their effectiveness in using donations to meet their goals. Visit www.charitywatch.org. Their criteria evaluate how many donor dollars go to the needy.

For more information, call Capt. Steven Snortland 452-6796.



Listen to Commander's Corner on 105.1 FM each Friday from 7-8 a.m.
Wing leaders discuss hot topics and what's on the horizon for the 52nd Fighter Wing

Air Force
Parent Pin
Program



Senior Airman Amaani Lyle

Top Saber Performer

Name: Staff Sgt. Celeste Richardson
Unit: 52nd Medical Operations Squadron
Duty title: Medical technician
Hometown: Irving, Texas
Years in service: Nine
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Richardson ensures life-saving equipment is available and functional in support of troops and their dependents. She updated her unit's supply requisition process, which streamlined its readiness response, and formulated a manning availability format that ensures global

readiness. She was exemplary in her duties as an independent medical technician during a recent volunteer mission to the 703rd Munitions Support Squadron, Volkel Air Base, Netherlands. There she provided gold-standard care to those troops outside the reach of mainstream military medical attention.

Off-duty volunteerism and professional development pursuits: Sergeant Richardson teaches troops basic life support. She volunteers for Airmen Against Drunk Driving and is also pursuing a degree in nursing.

What do you do for fun? For fun I snowboard, hike, do wood restoration, fish, cook, and enjoy coffee and good conversation with my friend Gisela. I recently took in the historical sites of Lucerne, Switzerland with a tour group.

What do you like most about being stationed here? I like the privilege of working with true professionals where the needs of patients come first.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to do away with the myth of there being "nothing to do here." People can enjoy the Eifel in many ways -- through such organizations as chapel services, the German-American club, outdoor recreation and the fitness center, to name a few.

MXG releases 'Buzzards' honor roll

Staff reports

Quality assurance inspectors, "Buzzards," nominated the following individuals for the QA honor roll for October-December 2004. The Airmen exemplified high maintenance standards, and each passed five QA inspections including at least one personal over-the-shoulder evaluation.

22nd Aircraft Maintenance Unit

Staff Sgts. Chad McClure; Daniel Kozlowski; Eric Shreiner; and Nathan Short.

23rd Aircraft Maintenance Unit

Staff Sgts. Chad Arnold; Donald Kane; Taurin Major; Oliver Pinks; Poun Thies; and Curtis Wanberg.

52nd Equipment Maintenance Squadron

Tech. Sgt. Tony Groves; Staff Sgts. Larry Hogan; Kristopher Kiger; Jeremy Leisure; and Airman 1st Class Nathaniel Montminy.

52nd Component Maintenance Squadron

Staff Sgts. Curt McBroom; and Daniele Ossi.

Eifel Salutes

52nd Mission Support Group

A wise guy is **Master Sgt. Terry Wise**, who processed more than 500 Status of Forces Agreement cards for Team Eifel family members in just four days. Over each of the days, Sergeant Wise was on duty past 10 p.m. after a full duty day to ensure family members were well taken care of.

52nd Maintenance Group

This troop earned a salute, "hook," line and sinker ... **Tech. Sgt. Roy Giddens** monitors and tracks the maintenance of 20 assigned vehicles. He increased the number of vehicles that have pintle hooks by 50 percent. Another salute for the 23rd Aircraft Maintenance Unit? Precisely. **Staff Sgt. Matthew Arthurs** is responsible for the 23rd AMU's Precision Measurement Equipment Laboratory account worth more than \$3.5 million. **Staff Sgt. Ryan Mount** mounted an assault on the 23rd AMU's composite tool kit program -- he rebuilt and replaced the worn out tools and boxes to keep the Hawk maintainers in business.

38th Munitions Maintenance Group

It's an excellent time to salute **Capt. John Ponton** and **Master Sgt. Bob Jones**, who each picked up the Installation Excellence Awards. Shoot a salute to **Tech. Sgt. Colin Stevick**, who propelled the weapons maintenance flight through significant adversity as the Buechel Air Base, Germany, inspection cycle loomed near. **Staff Sgt. Suzanne O'Neal** brought out the big guns when it came to providing 24-hour joint host nation and U.S. security protection of a U.S. weapons arsenal val-



ued at more than \$500 million. She also served as the primary response element supervisor for the U.S. and Belgium NATO strike mission during contingencies. **Senior Airman Darren Walls** keeps on truckin' when it comes to the maintenance of two \$250,000 weapons maintenance trucks. His efforts are instrumental to his squadron's state of prepared-

ness.

52nd Medical Group

It's a family affair for **1st Lt. Lyndell Wedyke**, who superbly rebuilt the training and orientation program for the family care center. As a result, a comprehensive program now exists to guide new nurses through orientation, and build their skills in the very difficult area of labor and delivery. A warm reception and a salute for **Staff Sgt. Michelle Walker**, who did an excellent job running the Bitburg Annex dental clinic reception desk. Now that's class ... **Staff Sgt. Shelly Davis** went above and beyond to manage the care of dental class 3 patients and get them into worldwide deployment status. **Staff Sgt. James Collins** and **Staff Sgt. Anthony Duranti** gave it their best shot when it came to getting the flu shot to the wing's high-risk population. Under the guidance of **Maj. Marguerite Mitchell** the 52nd Medical Operations Squadron doctors, nurses and technicians were "sharp" in scrubbing lists to ensure that those most in need obtained the shot.

Kudos to all; Team Eifel salutes you!
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Jenny Beauchamp

Saber connect



Airman 1st Class Eydie Sakura

Capt. Darren Paladino, left, 52nd Aircraft Maintenance Squadron, 22nd Aircraft Maintenance Unit officer in charge, listens as **Col. Dave Goldfein**, 52nd Fighter Wing commander, discusses the day's administrative loose ends as part of the **Commander's Mentorship Program** here Jan 13. An East Berlin, Conn., native with eight years of Air Force service under his belt, Capt. Paladino shared his impressions of shadowing the commander: "Each activity I observed specifically advanced his wing goals in some manner. His interaction on and off base constantly assessed the situation and tested goal implementation."

Top Saber Team

Unit name: 52nd Medical Support Squadron Information Systems Flight

A brief description of unit responsibilities: The team oversees a comprehensive management information systems flight in support of a forward-deployed, split-location medical group of 468 personnel, \$12.1 million budget and nine major health facilities. These Sabers project and plan the installation of various medical systems to include the composite health care system, local area network, personnel individual medical readiness server, 520 computers and 1,000 peripherals.

Number of members: Eight

How does the team fit into the 52nd Fighter Wing's mission? The flight provides first-rate support to every aspect of 52nd Medical Group operations. They complete an average of 500 help requests monthly. Their project to increase LAN speed to the war reserve materiel warehouse at Zemmer dramatically improved inventory processes for WRM technicians. The flight is currently involved in a \$1.2M teleradiology initiative that will significantly decrease patient waiting times for X-ray results. They just completed a \$60,000 telephone switch upgrade and are currently installing more than 200 new computers within the medical group. Additionally, they are in the initial stages of implementing a new healthcare system that will transition from paper to electronic medical records.

Team's other contributions through the year? The team's efforts were critical to the successful installation of an electronic medication dispensing system that greatly improved patient safety. They identified and distributed more than \$53,000 in excess computer assets to other units in the 52nd FW.

2005: Year ahead promises excitement for Sabers, commander outlines upcoming preparations

By Col. Dave Goldfein
52nd Fighter Wing commander

The year 2005 holds promise, excitement and challenges for the entire Saber team.

We began the year welcoming home our returning warriors who have been engaged in nothing less than changing the world.

Who could have predicted free elections in Afghanistan with women at the polls? Our 81st Panthers provided the air cover to make it happen. Who could have predicted free elections in Iraq coming in a few days? Our 606th Air Control Squadron controlled the air-power needed to make it happen.

Countless other Sabers from squadrons across the wing performed -- and continue to perform -- nothing short of heroic actions, making the world a better place during the most important conflict of our time. To all of our returning Sabers and their families -- well done.

To those who kept the mission going here at home during this air and space expeditionary force rotation -- thanks for your dedication and perseverance.

Our focus in 2005 is centered on improving the 52nd Fighter Wing's ability to be **constantly ready to project superior combat power**. Being both individually and collectively ready to accomplish our mission has never been more critical to our nation and our alliance.

While we cannot predict the event that will call us into action, we do know that we have from now until that moment to **prepare to fight**. Therefore, on Feb. 7, we will kick off an aggressive exercise plan that will test our ability to meet a robust deployment tasking.

From processing personnel and equipment to generating and launching our aircraft, Sabers across the wing will be heavily engaged in refining our deployment skills. Once in "theater," our world-class maintainers, pilots, and support personnel will be tasked to regenerate the aircraft into combat configurations and fly missions in a simulated combat environment. We will incorporate "lessons learned" from our returning warriors in order to ensure we are training to the current in-theater standards.

Expect additional week-long exercises in March and again in May prior to a U.S. Air Forces in Europe Operational Readiness Inspection in late June, which will present an opportunity to **fight to win** as a wing.

By the time the Inspector General team sets foot in the Eifel, our objective is to be ready to attack every challenge thrown our way. Our plan is to win and win big.

Along the way, we must never lose focus on **taking care of each other**. Gen. Robert H. "Doc" Foglesong, USAFE commander, has us on the right vector with a series of world-class special interest programs, all geared toward



Senior Airman Amaani Lyle

Staff Sgt. Thomas Ray, 606th Air Control Squadron satellite and wideband systems craftsman, and Senior Airman Anthony Hebert, 606th ACS satellite and wideband systems journeyman, tune a high power amplifier in one of the unit's troposcatter microwave radio terminals. A number of 606th ACS members are scheduled to return this week from the U.S. central command area of responsibility. The squadron, known as "Inspectors of the Skies," were instrumental in controlling air power over Iraq in support of Operation Iraqi Freedom.

improving our quality of life.

From Combat Wingman to Combat Proud, we will continue to place emphasis on improving the environment where we live, work and play. How we take care of each other defines us

as a nation, as a service and as a wing.

We have an exciting and challenging year ahead. Thanks to each of you for your contribution to preparing to fight, fighting to win and taking care of each other in 2005!

Airman joins forces with Marines in Iraq

Story and photo by Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

Being one of four military working dog handlers at a Marine camp in Iraq can make any Air Force member stick out like a sore thumb.

Staff Sgt. Cleophus Gallon, 52nd Security Forces Squadron military working dog handler, left for Iraq in April for a six-month deployment with the Marines.

"We had a bit of a heads up regarding the deployment because we knew the Marines were short on working dogs. The kennel master here asked me if deploying with the Marines was something I would like to do," Sergeant Gallon said. "They needed a good dog team."

Just two weeks after hearing about the deployment opportunity, Sergeant Gallon was notified by his supervisor and had two days' notice to prepare for deployment.

"I was proud to see my husband deploy to Iraq, but I was also sad to see him go on such short notice," said Fredericka Gallon, Sergeant Gallon's wife. "I felt like he had one of the most dangerous jobs, and sometimes I got worried."

Sergeant Gallon and his six-year-old German shepherd partner, Allen, were sent to Al Asad Air Base, Iraq, with 12 other Air Force dog handlers from various commands throughout the Air Force. They were assigned to the 1st Marine Expeditionary Force in Fallujah. His first mission was performing vehicle checks at the entry control points, while the Marine dog handlers went out on raids performing reconnaissance.

"The Marines ended up not having enough dogs for the numerous raids, so I got moved into recon and doing raids with the 1st Reconnaissance, a sub-unit of the 1st MEF," Sergeant Gallon said.

The missions often involved Sergeant Gallon and Alan walking down a road alone in front of a Marine convoy, sniffing out improvised explosive devices or road-side bombs. Alan would have to make sure the roads were clear and safe before vehicles would drive through.

Even through Alan's bravery and tireless day-to-day work,

his inner puppy came out every so often.

"We took incoming rounds a lot at our camp, and one night I was out giving him [Alan] a break to run around and I told him to come back to me, but he didn't," Sergeant Gallon remembered. "Then a mortar round hit near him about 200 meters away and he jumped up and ran over to my side and looked at me like, 'Ok, hook me up, I'm ready to go back inside.' I was laughing in my head and thinking, 'Oh sure, now you want to listen to me.'"

Having a dog present at the camp was an ice breaker for Sergeant Gallon, as he got to know his Marine Corps brethren. The whole experience gave Sergeant Gallon a different outlook on his job, and he was more than happy to display his Air Force pride among the Marines.

"When the Marines passed me, they would say, 'ooh-rah,' and when I passed them I would say, 'Airpower!' and they liked that," Sergeant Gallon said. "They liked that I had pride in my service."

Having pride in his service and knowledge of his job is what makes Sergeant Gallon a respected and experienced dog handler.

(Sergeant Gallon) has the ability to interact with a variety of people, which is what allowed him to integrate so well with the Marines, said Staff Sgt. Nancy Gonzalez, 52nd SFS NCOIC of the Installation Access Control Systems. "Leave it to him to be selected as the kennel master, in charge of several Marines. He is very respected by the Airmen and his peers."

On a normal air expeditionary force deployment, the sergeant's main mission would have been air base defense and acting as a deterrent to hostile forces. This deployment was one of the first times an Air Force K-9 had supported combat operations since the Vietnam War, Sergeant Gallon said.

"I don't think I would have been involved in raids on insurgent safe houses for weapons caches, conducted sweeps for roadside bombs with recon units or cleared a section of an underground tunnel system if it wasn't for deploying to a Marine camp," he said.

Working with the Marines changed his outlook on the magni-



Staff Sgt. Cleophus Gallon, 52nd Security Forces Squadron military working dog handler, and his K-9 companion Alan stretch their legs and show off their skills at the working dog kennels here. Sergeant Gallon and Alan celebrated their homecoming from Iraq in November and returned to the 52nd SFS in January.

tude of his job and the skills he learned throughout his security forces career, Sergeant Gallon said.

"The Marines are more offensive minded and have a 'let's go get 'em' attitude," Sergeant Gallon said. "All the things I trained to do with Alan I actually got to do first-hand in one of the most dangerous places in the world. We measured up to the task."

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

Published by

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Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

January Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	363	251	+7
23FS	314	220	+20
81FS	246	241	+13

*Delta is contract vs. sorties flown to date.

Through Jan. 23

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Jan. 28, 2005

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Success

MDOS commander embraces core values, focuses on family, best efforts in mission

Lt. Col. Anita Wolfe

Acting 52nd Medical Operations Squadron commander

As the 52nd Medical Group's chief nurse, I have the privilege of meeting with each of the nurses for annual career counseling. I take this opportunity to get to know the nurses better, determine where they are in their personal and professional growth and find out what their goals are.

One of my main duties as chief nurse is to mentor, counsel and help each nurse reach his or her goals. I also take the opportunity to share my philosophy of being a responsible Airman in our great Air Force.

♦ *First, live and breathe the core values --*

Fortunately for me, my mom taught me core values long before either of us had ever heard them labeled as such. As a child, I learned to always tell the truth, do the right thing, and do my very best at whatever project I was given. Twenty years of service in the Air Force have reinforced the wisdom of my mom's words. If you truly embody the Air Force's core values of "integrity," "excellence" and "service before self," you will be firmly planted in the right direction. Though I used to struggle with the value of service before self, this is no longer the case. I thought it meant family wasn't important to the Air Force. On the contrary, family is important to the Air Force, as witnessed by the many programs that have dramatically improved

“ *The Air Force's success is dependant on each individual consistently doing their job in a timely and productive manner while constantly striving to become better.* ”

the quality of life for the military family.

Ultimately, the commitment of all Airmen to the Air Force mission must remain absolute. When we raise our right hand to serve in the military, we promise to do whatever is necessary to protect and defend our nation. We are held to higher standards by virtue of serving in the Air Force. Our nation's leadership and our fellow Airmen count on that. Service and commitment are the forces that unite us in the drive to accomplish the mission. Sometimes that means staying after a 12-hour shift to help our co-workers, coming in on a day off to do training, or volunteering for an additional duty because that's what it takes to get the job done and the mission accomplished.

♦ *Secondly, learn your job and become the expert --* Aristotle said "We are what we repeatedly do; excellence then is not an act, but a habit."

Every job in the Air Force is important and has value to accomplishing the mission. We need to do it well and do what it takes to become the expert. Be actively involved in your job orientation. Ask questions, show enthusiasm, and become the best you can be.

Growing up on a farm, I learned early on that no job is unimportant. Every task, even the most simple or mundane one, was important to ensure we had a good crop. The same is true in the Air Force. The success of our organization, like any other, ultimately rests on the daily accomplishments of its people -- not on its organizational structure, technological advantages or other factors. The Air Force's success is dependent on each individual consistently doing their job in a timely and productive manner while constantly striving to become better. When we all work together, we guarantee the success of the 52nd Fighter Wing.

♦ *Lastly, have fun --* I tell the nurses, "you're no good to your patients if you don't take care of yourself." It's important to use the leave the Air Force has given us and spend time with family and friends. We all need to take time to rest and recharge our batteries.

It's a simple formula. Tell the truth, always do the right thing, do what it takes to support the mission to the best of your ability and finally, have fun.

Promotions

A little daily preparation goes far when it's time for promotions

By Senior Airman Amaani Lyle

52nd Fighter Wing Public Affairs Office

Your heart pounds. Your palms sweat. This is the day you knew you'd both fear and anticipate most as a military member. Everything has led up to this moment.

This is combat. And the worst physical damage the enemy can cause is ... a severe paper cut.

For the "enemy" is nothing more than a test -- specifically, a method of Air Force promotion known as WAPS, or the Weighted Airman Promotion System.

But it's the psychological torture -- the fear of being overwhelmed and failing that seems to cause the most anxiety among Airmen.

Once Airmen arm themselves with the facts about what the test and point-compilation system are, what to expect and how to most effectively study for it, they'll find this adversary is far less formidable than first imagined.

The Air Force-wide testing cycle for technical and staff sergeants begins in May, and thousands of hopeful staff sergeants and senior airmen who seek a coveted new stripe will put their knowledge to the test in two different categories:

- ♦ the specialty knowledge test
- ♦ the promotion fitness examination

These two factors -- worth nearly half of all possible points -- are probably what Airmen have the most control over.

Note that the Air Force makes promotions under WAPS within each Air Force specialty code, not across them. This is great news for eligible Airmen because it means that people compete for promotion only with those individuals who work in their AFSC. The highest scores, within quota limitation, become selectees.

So ask yourself: how well do you know and understand your job? How familiar are you with Air Force regulations?

Some test answers may come easily by virtue of the fact that many Airmen have been doing their jobs for quite some time.

Other specifics, such as dress and appearance, customs and courtesies and Air Force history, may take a little bit more thought if they aren't consistently and diligently researched and digested.

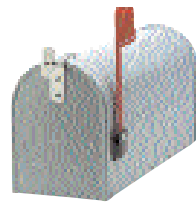
That said, there's no time like the present. If you haven't already done so, start digging into the PFE now and continue to do so throughout your career. Also ask your supervisor, training manager or personnelist about obtaining the most up-to-date PFE and career development course manuals.

Take a little free time each day to read, learn and invest in yourself -- one page at a time.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



ECC news

The following events take place at the Eifel Community Center. Call the ECC at 452-7381 for more information.

- ♦ The hard rock musical group "Cull Brew," which mixes original material with classic cover songs, will play a live, free show at the Brick House Saturday at 9:30 p.m.
- ♦ People interested in helping to plan a chess tournament scheduled for March 5, or who would like to provide input for a Saturday chess club can call Kim McElfresh at 452-7381.

ARC class

The American Red Cross holds a babysitter class Feb. 12 from 8 a.m. to 4:30 p.m. at Bitburg Annex, building 2001 room 346. The class offers young people the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. For more information or to sign up, call the ARC at 452-9440 or e-mail 52fw.arc@spangdahlem.af.mil

Volunteer recognition

The family support center is now accepting packages for the 52nd Fighter Wing volunteer recognition ceremony awards. Any wing member -- retired, active duty, civilian, family member or local national who performs volunteer duties is eligible. Adults must be registered with the wing volunteer resource program. All packages are due by March 1. For more information, call Tammy Kunz at 452-6422 or e-mail tammy.kunz@spangdahlem.af.mil.

Bowl-a-thon

The 52nd Logistics Readiness Squadron sponsors a wing bowl-a-thon Feb. 15 at the Spangdahlem AB Bowling Center from 11 a.m. to 3 p.m. Proceeds from this fundraiser will be donated to the American Red Cross to support South Asian tsunami victims. Call Capt. Tim Wright or Master Sgt. Chris Wells at 452-7656 for more information.

Veterinary clinic update

The Veterinary Treatment Facility at Oberweiss Annex, Bitburg, now offers

appointments for vaccines, health certificates and sick call at least once a week. As the military veterinarian and animal technician prepare for one-year deployments, Reservists will provide support over the next several weeks. As a result, veterinary clients will be afforded regular appointment availability and a greater diversity of services. For more information or appointments, call the facility at 452-9388.

Bank closures

The Community Bank will have limited business hours on the following days:

- ♦ Feb. 9, Spangdahlem AB branch opens at noon.
- ♦ Feb. 10, Bitburg Annex branch opens at noon.
- ♦ Feb. 16-17, Bitburg Annex branch is closed for renovations.

School news

Bitburg Elementary School

- ♦ The Bitburg Elementary School advisory committee seeks volunteers to help organize a special event day at the school. For more information or to par-

ticipate, stop by the BES office or call 452-9215.

Bitburg High School

- ♦ The BHS Drama Club will sponsor a masquerade ball Feb. 12 from 8:30 p.m. to midnight. Tickets will be sold Monday at lunchtime in the BHS cafeteria. Cost is \$12 per couple and \$8 for single. Tickets bought at door are \$15 per couple and \$10 for singles. Prizes will be given for best mask and costumes. For more information, call Dr. Rebecca Briley at 452-9202.

SSEMC news

- ♦ The Spangdahlem Spouses and Enlisted Members Club needs volunteers, at least 16 years of age, for the spring bazaar, which takes place April 15-17. Call Chuck or Kim Shock at 06575-903087 for details.
- ♦ The SSEMC holds its general membership meeting at Isola Bella Feb. 16 at 6 p.m. The dinner and fellowship discussion topic will be the spring bazaar. RSVP no later than Feb. 10 by calling Susan Sweeney at 06575-901785.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

Protestant

- ♦ Sunday, 9:30 a.m. and 4 p.m., preschool through sixth grade (building 139); 10:30 a.m., traditional service; 1 p.m., Korean; 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service. For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



Bobby Anzalone

Comfort food

The Girl Scouts of America support 52nd Fighter Wing Sabers downrange by sponsoring the "Cookie Drop." All donations will be used to send cookies to deployed wing members. The event runs until about Feb. 20. For more information, call Bobby Anzalone at 452-9190.

Tradition. Value. Top Notch Service.

Your

New Club Eifel

Just some of the quality services you can expect...

J.R. Rockers Sports Café with amusement machines, HDTVs broadcasting the latest sports & food to please every appetite.

High-tech Enlisted Lounge designed after the hottest stateside lounges & clubs

Avionic Officers' Lounge with fully-stocked, self-sustaining bar, crud area, HDTVs & gaming

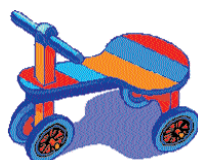
Banquet Room to meet just about any need for your important squadron functions

Sit-down evening dining area with breathtaking views of the Eifel

Same great lunch buffets back by popular demand

Plus, Nitelife Entertainment DJs, Marla's Eifel Hair Salon, El Laedchen and Vegas-style slot room

OPENS TODAY!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Feb. 5. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Spanglish (PG-13, 7 p.m.)

A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife.

Bridget Jones: The Edge of Reason (R, 10 p.m.)

The story picks up four weeks after the first film, and already Bridget Jones is becoming uncomfortable in her relationship with Mark Darcy.

Saturday

*Spanglish (7 p.m.)**Bridget Jones: The Edge of Reason (10 p.m.)*

Sunday

*Spanglish (4 p.m.)**Alexander (R, 7 p.m.)*

Alexander, the King of Macedonia and one of the greatest military leaders in the history of warfare, conquers much of the known world.

Monday

Alexander (7 p.m.)

Tuesday

Bridget Jones: The Edge of Reason (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Ocean's Twelve (PG-13, 7 p.m.)

Danny Ocean and his crew, having successfully stolen \$150 million from Las Vegas casinos in the first film, jet to Europe with three new heists planned, including swiping Rembrandt's "Nightwatch" from a gallery in Amsterdam.

Seed of Chucky (9:30 p.m.)

Glen is the orphan doll, offspring of the irrepressible devilish-doll-come-to-life Chucky and his equally twisted bride Tiffany. When production starts on the movie detailing the urban legend of his parents' lethal exploits, Glen heads for Hollywood where he brings his bloodthirsty parents back from the dead.

Saturday

The SpongeBob SquarePants Movie (PG, 4 p.m.)

SpongeBob SquarePants leaves Bikini Bottom in order to track down King Neptune's stolen crown.

Lemony Snicket's A Series of Unfortunate Events (PG, 7 p.m.)

The wealthy parents of three children are killed in a fire. When the children are sent to a distant relative, they find out that he is plotting to kill them and seize their fortune.

Sunday

National Treasure (PG, 4 p.m.)

A treasure hunter is in hot pursuit of a mythical treasure that has been passed down for centuries, while his employer-turned-enemy is on the same path.

Ocean's Twelve (7 p.m.)

Closed Monday and Tuesday

Wednesday

Lemony Snicket's A Series of Unfortunate Events (7 p.m.)

Thursday

Ocean's Twelve (7 p.m.)

Ski slopes offer low-cost fun

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Ski weeks are offered in Garmisch and Berchtesgaden, Austria, the Alps and through countless recreation center tours and trips. But, if time and money are limited after the holidays, there are other alternatives.

Believe it or not there are slopes -- not exactly the Alps, but slopes -- in the Hunsrueck Mountains and Schneifel area where one can enjoy the fun sport.

Erbeskopf, the highest spot in the Hunsrueck mountains (816 meters or 2,677 feet), has nice wide slopes, and is an excellent place to learn. The area offers ski runs, cross-country tracks, several lifts, toboggan runs, lighted areas, a restaurant and a ski hut.

To reach Erbeskopf, drive toward Trier and to Schweich. Take Autobahn 1 out of Schweich toward Saarbruecken/Kaiserslautern, exiting at Reinsfeld. Follow B-327 north toward Morbach. After about 19 kilometers there will be a sign to Erbeskopf.

Erbeskopf is now open. Snow conditions are good at the present time and more snow is expected, according to resort officials. For information call the Morbach information office at 06533-71117.

Idarkopf is also in the Hunsrueck Mountains. The slopes (764 meter or 2,447 feet) are near the town of Stipshausen and about 20 minutes from Frankfurt-Hahn airport. It has two lifts and a sled run. The ski area often remains lit late at night for night skiing.

The resort also offers lessons but no equipment rental. Its ski run is 1,100 meters long. For information, call the Morbach information office at 06533-71117.

About one hour northwest of Spangdahlem near Pruem, there are two more ski resorts, **Schwarzer Mann** and **Wolfsschlucht**. The first is located about 14 kilometers northwest of Pruem and offers runs of 700 and 800 meters, two lifts, a toboggan run and a 5-kilometer cross-country ski track.

At Schwarzer Mann, single lift cards are 1 euro for adults and 50 cents for youngsters. A package of eight cards



Courtesy photo

Outdoor enthusiasts snowboard on a sunny day at one of the many ski slopes throughout Germany.

costs 5 euros for adults and 2.50 euros for children. A package of 18 tickets is 10 euros for adults and 5 euros for youngsters.

To find out about the weather and slope conditions at Schwarzer Mann, or to find out about ski rentals, call 06551-4422 or 3252. There is a cottage and restaurant located at Schwarzer Mann. Sufficient parking is also available.

Wolfsschlucht has two downhill slopes, a lift, hills for tobogganers and an 8.5-kilometer cross-country trail. It is about three kilometers northwest of Pruem.

For more information about Wolfsschlucht, call 06551-505 or 4545. For ski, boot and sled rentals, call 06551-256. Both resorts offer downhill skiing lessons. Both resorts also have a ski hut to get refreshments and to warm up. Prices for rentals are much lower at these resorts than at the bigger places in the Alps.

At Wolfsschlucht, single lift cards are 1 euro for adults and 50 cents for youngsters. A package of 10 cards is 6 euros for adults and 4 euros for children. A package of 20 cards is 10 euros for adults and 7.50 euros for youngsters. Day passes cost 12 euros for adults and 9 euros for children.



Out and About



(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place.)

- The opera, "Dido and Aeneas" by choreographer Sasha Waltz, takes place Saturday, Tuesday or Thursday in Luxembourg city in the Grand Theatre of Luxembourg, at 8 p.m. With its debut in 1689, the performance is based on Roman poet Virgil's adventures of Aeneas. The 90 minute performance includes outstanding ballet passages. To get to the theatre take the Autobahn to Luxembourg and follow the signs to Centre. Once crossing the bridge, turn right and follow signs to the theater. Parking will be available. The ticket prices range between 25 and 65 euros. Prices for students ages 26 and under get in for eight euros upon presenting a student pass or valid identification. Groups receive a 10 percent price reduction on top of the regular price. Doors will open around 7 p.m. to purchase a limited number of tickets. Call 00352-4708951 for tickets or details.

- Enjoy the popular Equi Magic World of Horses spectacle **Saturday** at 8 p.m. in the Trier Arena. A limited number of tickets may be available at the door. To purchase tickets, stop by

the Bitburg or Wittlich Presse-Center offices, or call 06517-199996.

- Attend the 2nd Annual Wittlich Fleamarket by local vendors **Saturday** throughout the city's pedestrian zone and in the main market square.

- Shop at local flea markets **Sunday** inside and outside the Trier-Feyen Flohmarkt hall; in front of the Trier Metro store; in front of the Kaiserslautern Real Center; at the Merzig Markt hall; in front of the Saarbruecken Saar-Basar; in front of the Saarlois Globus store and at the Mainz King-Park Center.

- Enjoy seeing a large, locally popular Fasching parade **Sunday** at 2:11 p.m. through the streets of Mettendorf. There will be live music and entertainment in a heated tent on Mettendorf Dorfplatz following the parade. Food and beverages will be available for purchase. Since many visitors are expected to arrive for the events, use designated parking areas only.

- Base members are invited to observe the annual "Storming of the Rathaus" fasching celebrations **Thursday** at 11:11 a.m. Thursday is Ladies Fasching Day. Events take place inside and outside both the Bitburg and Wittlich Rathauses, or city halls. Base officials were invited to help city mayors defend the Rathauses against the intruding Fasching fools.

Snacks and beverages will be available.

- Enjoy Fasching in Germany while observing a local parade in the Eifel. Some local parades take place **Feb. 5** 3:11 a.m. in Klausen; **Feb. 6** at 2:11 p.m. through the center of Wittlich; **Feb. 6** at 2:30 p.m. through the center of Bitburg; **Feb. 6** in the early afternoon in Platten and Salmthal; **Feb. 6** at 2:11 p.m. in Niederkail; **Feb. 6** at 4:11 p.m. in Burg/Salm; **Feb. 7** in the early afternoon in Dreis; **Feb. 7** at 2:11 p.m. in Landscheid; **Feb. 7** in the early afternoon in Hupperath; **Feb. 7** at noon through the center of Trier; and **Feb. 8** in the early afternoon in Sehlen and Esch. Observers, especially the children, are welcome to dress up. Halloween costumes are perfect.

- Participate in the Pantenburg fasching price masquerade ball **Feb. 6** at 8:11 p.m. at the community's Jugendheim, or youth house. A total of 150 euro awaits the nicest or most original costume. Participants must wear a mask and arrive by 9:30 p.m.

- Germany's most popular "Rose Monday" parades kick off **Feb. 7** at 11:11 a.m., and last several hours in the cities of Mainz, Duesseldorf, Aachen and Cologne. Thousands of people flock to the cities that day to witness the spectacle, which can be compared to New Orleans Mardi Gras celebrations. These parades will be aired on German television all day **Feb. 7**.



Senior Airman Amaani Lyle

In the zone

(From front to back) Elizabeth Giser, Rene´ Ortega and Rose Puckett, work with exercise balls during a Legs, Abs and Butt class at the Skelton Memorial Fitness Center. The class, instructed by Master Sgt. John Rivera, 52nd Mission Support Squadron Manpower Office, takes place each Monday and Wednesday at 9 a.m., and each Tuesday and Thursday at 5 p.m. The class focuses on strengthening core muscle groups and increasing muscular stability. For more information on the LAB class, call the fitness center at 452-6496.

BHS PT scores rise, fall from year to year; teachers hope for more physical activity

By Denny Lemon
Bitburg High School physical education teacher

In the fall of 2003, physical evaluations of 113 students were conducted in the physical education classes here. Most students tested were incoming freshmen and we, the staff, were saddened to see the results.

Only 10 percent of the students could run a healthy mile. The good news, however, is that after one school year of moving their body, there was some improvement in their physical health.

We recently evaluated the physical health of all students enrolled in the personal fitness classes for the 2004-05 school year. Again, most students tested were incoming freshmen. The results should be a warning to us all that we must encourage more movement of the body.

We can only hope that the students will realize the many benefits they receive by being physically healthy. We believe that with hard work, dedication, desire, discipline and some patience, the students of this school year will see the same improvement the students of last year accomplished.

The statistics below show the students who were enrolled in physical education classes, indicating a great improvement in their health.

Cardiovascular strength: Running one mile

Fall '03	Spring '04	Fall '04
12/113	61/100	15/110
10 percent	61 percent	14 percent

Muscular strength: Pull-ups

Fall '03	Spring '04	Fall '04
24/113	33/100	24/110
21 percent	33 percent	22 percent

Muscular endurance: One minute sit-ups

Fall '03	Spring '04	Fall '04
45/113	84/100	67/110
40 percent	84 percent	61 percent

Barons split games with Hanau Panthers

By Coach Lin Hairstone
Bitburg High School basketball

The Bitburg High School Barons basketball team played hard-nose defense and ultimately defeated the Hanau, Germany, Panthers -- the Division II Champions, Jan. 21.

Senior Trey Wilson, son of Master Sgt. Harry Wilson, 52nd Maintenance Operations Squadron, and sophomore Nick Brown, son of Forrest Brown, defense reutilization and management office environmental engineer, both had 13 points for the Barons. Junior Perry Hardy, son of Master Sgt. Rudolph Hardy, 52nd Aircraft Maintenance Squadron, added eight points and eight rebounds, helping keep the Panthers' points in check during the game.



The Barons shot 10 for 11 from the free-throw line, winning over the Panthers 41-35.

Playing an intense game Jan. 22 against the Panthers was an exhausting experience for the Barons. The Panthers stepped up on defense and held the Barons to three baskets in the first half. The Barons fought back, but the spread was too wide. Junior Charles Whately, son of Senior Master Sgt. Carlos Whately, 52nd Logistics Readiness Squadron, nailed 10 points, but could not save the Barons' effort. The Barons lost to the Panthers, 31-49.

Keep up with Barons basketball, via the Web at www.eteamz.active.com/bitburgbasketball/. The site has game schedules, statistics and game highlights.

Sports Briefs

Barons basketball

The Bitburg High School basketball team plays the Vilseck, Germany, Army team Saturday at the Bitburg Middle School. The girls junior varsity game starts at 10 a.m.; the boys junior varsity is at 11:30 a.m. Girls varsity begins at 1 p.m., and the boys varsity kicks off at 2:30 p.m. For more information, visit the Barons Web site at www.eteamz.active.com/bitburgbasketball/.

Commander's cup trophy

The 52nd Equipment Maintenance Squadron won the large unit 2004 commander's Cup trophy, while the 702nd Munitions Support



Squadron won the small unit trophy here recently. The commander's cup is a yearly award determined by the size of the squadron and point accumulation. Teams earn points from four categories:

First and second place, end of season playoff competition; regular season league standings; league participation; and sports advisory council meeting attendance. For more information on the commander's cup trophy and being a part of the 2005 intramural season, call the fitness center at 452-6496.

Men's soccer meeting

The Spangdahlem AB men's soccer team meeting takes place Feb. 3 at 5:30 p.m. at the Eifel Mountain Golf Course. Men interested in playing for the USAFE-championship games should attend the meeting and learn more about the team, upcoming training sessions and the plan for the 2005 season. For details, call Dale Davis at 452-6821.

Dodge ball challenge

Create a team and be a part of the dodge ball challenge Feb. 17 at 3 p.m. in the Skelton Memorial Fitness Center. Teams can be a male and female mix of eight people. For more information, call Airman 1st Class Erica Gonzalez-Arispe at 452-6634 or 452-6251.

Fit To Be Yourself

The health and wellness center offers a three-part, Fit To Be Yourself class Feb. 23, March 2 and March 9 at Spangdahlem AB, building 130, HAWC conference room. The class is designed for parents and children to instill the values of a healthier lifestyle at a younger age. The class will feature cooking demonstrations, healthy snack alternatives and fitness demonstrations geared toward school-age children. For more information, call Mandy Baerman at 452-6995.

Fitness certification classes

The Eifel fitness center offers three fitness certification classes and a perinatal workshop at the Skelton Memorial Fitness Center:

- ♦ Spinning certification, Feb. 26-27, from 9 a.m. to 6 p.m.; the registration deadline is Feb. 12, and the cost is \$350 per person.

- ♦ Primary group exercise certification, March 5 from 9 a.m. to 6 p.m.; the registration deadline is Feb. 15, and the cost is \$300 per person.

- ♦ Personal fitness trainer certification, April 15-17 from 9 a.m. to 6 p.m.; the registration deadline is March 15, and the cost is \$419 per person.

- ♦ Perinatal fitness workshop, May 6 from 9 a.m. to 6 p.m.; the cost is \$100 per person.

For more information, call De Shane Casillas or Staff Sgt. Ann Mitchell at 452-6496.

Wingman Wednesdays

Team Eifel members are invited to come in with their wingman each Wednesday for circuit training from 3:30-4:30 p.m. on the basketball court in the Skelton Memorial Fitness Center. For details, call 452-6634/6251.